



FORUM

Facts, Outcomes, & Research... Useful for Managing

MORE ON WHAT WORKS

By R. Peggy Smith

The Bureau of Justice Assistance (BJA), of the U.S. Department of Justice has just published a Program Update that gives some insight into a program that works. It is the Residential Substance Abuse Treatment for State Prisoners (RSAT) Program.

As most of us know, well over half of the offenders in the U.S. criminal justice system have substance abuse problems. To help states, and local jails as well, deal with these problems, Congress established the RSAT program in 1994, as part of the Violent Crime Control and Law Enforcement Act. Through this federal grant program, BJA provides financial assistance, training, programmatic guidance, evaluation to states and local jurisdictions interested in offering RSAT programs in their correctional facilities. The Washington State Department of Corrections has been getting RSAT funds since the Federal program began. The RSAT for female offenders started in 1995 at Pine Lodge Pre-Release – it was the subject of an October 2000 FORUM article. The male RSAT program started several years later at Coyote Ridge Corrections Center.

As noted in BJA's April 2005 Program Update, "A state may use RSAT grant funds to implement one of four types of programs: state and local correctional facility RSAT programs, jail-based treatment programs, aftercare programs, and post release treatment. States must coordinate with substance abuse programs and the state alcohol and drug abuse agency " (in Washington's case this is the Division of Alcohol and Substance Abuse of the Department of Social and Health Service). Although different jurisdictions may design and operate their programs differently, they share many of the same components:

- Individual and group counseling sessions that often include peer feedback and self-help groups
- Relapse prevention, as well as 12-step programs such as Alcoholics Anonymous or Narcotics Anonymous
- "Thinking for a Change," an integrated cognitive behavior curriculum that concentrates on cognitive restructuring and developing social and problem-solving skills
- Life skills and general education.
- Aftercare services.

As of July 2004, there were 300 RSAT programs in operation throughout the U.S. The Program Update provides details about programs in each state. Evaluations of these programs have been carried out over the last several years and have demonstrated RSAT's effectiveness. "By providing inmates with substance abuse treatment, states not only help these



FOR YOUR INFORMATION..

PUBLICATION OF THE MONTH

Annual Report to Congress, National Institute of Corrections, PREA public law. Read the entire report (34pp) online at the website of the month or come by BRSP and we'll have a copy in our library.

WEB SITE OF THE MONTH

PREA Commission and Research at http://www.nicic.org/WebPage_57.htm.

DEFINITION OF THE MONTH

Baseline Data: Data gathered through intake interviews and observations and are used later for comparing measures that determine changes in a program.

DOC MONTHLY STATISTICS AS OF MAY 31, 2005

CONFINEMENT POPULATION17,629

Total Confinement15,847

Work Release681

In State Rented Beds576

Out of State Rented Beds525

COMMUNITY CORRECTIONS POPULATION

ACTIVE SUPERVISION28,684

RMA7,904

RMB6,890

RMC2,257

RMD10,034

Unclassified1,599

MONETARY100

INACTIVE STATUS15,353

ESCAPES FROM SECURITY LEVELS 2-5, FOR FY05

	Date	Type	Return
Coyote Ridge CC	07/14/04	Facility	07/15/04
Olympic CC	08/13/04	Facility	-----
WCCW	11/04/04	Work Crew	11/04/04
Larch CC	12/20/04	Work Crew	01/30/05
Tacoma PR	01/19/05	Facility	02/22/05
Larch CC	04/07/05	Work Crew	04/07/05

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individuals return to society substance free and with skills to obtain employment and be productive members of their communities, but they also experience reduced costs to local, state, and federal governments by reducing drug-related crimes and the expense of incarcerating those who commit them.1/ In other words, It Works!

You can find the Program Update online: at www.ojp.usdoj.gov/BJA